

# NUTRITION SUPPORTING STRENGTH AND INDEPENDENCE

## What Seniors and Caregivers Should Know

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# AGENDA

ACTIVITY  
CONTENT  
TOOLS



# WHAT IS MALNUTRITION?



# CAUSES OF MALNUTRITION

- ❖ Limited income
- ❖ Trouble swallowing/chewing
- ❖ Poor dental health
- ❖ Changing taste buds
- ❖ Living alone
- ❖ Medication side effects
- ❖ Poor appetite
- ❖ Restricted diets
- ❖ Lack of mobility
- ❖ Depression
- ❖ Dementia
- ❖ Gastrointestinal problems
- ❖ Chronic conditions

# WARNING SIGNS

**Are you or your loved one experiencing any of these?**



**UNPLANNED  
WEIGHT LOSS**



**LOSS OF  
APPETITE**



**NOT ABLE TO EAT  
OR ONLY ABLE  
TO EAT SMALL  
AMOUNTS**



**FEELING WEAK  
OR TIRED**



**SWELLING  
OR FLUID  
ACCUMULATION**

**If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes. Ask if you can be evaluated by a registered dietitian or nutrition support clinician.**

# TOOLS

- How Much Do I Need?
- Protein and You
- Protein on My Plate
- What's on *Your* Plate:  
Smart Food Choices  
for Healthy Aging



# WHAT IS *YOUR* NEXT STEP?

## IDEAS:



- Try the eating together meals program **SO I CAN EAT WITH OTHERS**
- Call map to see if i qualify for assistance so I **CAN AFFORD TO EAT A WIDER VARIETY OF FOODS**
- Attend a *Living Well* program to better **MANAGE MY CHRONIC CONDITION**
- Go to an exercise or falls prevention class to **REDUCE MY RISK OF FALLING AND GAIN STRENGTH**
- Add protein and fluid to each meal & snack to **INCREASE MY ENERGY**
- Read the "What's On Your Plate" book to **LEARN TIPS TO EAT BETTER**
- Schedule a nutrition counseling session **TO LEARN MORE ABOUT MY FOOD AND HEALTH NEEDS**

# THANK YOU!

